



For those guests on dinner inclusive terms, those dishes which have n/a are included in your package. For other dishes you will receive a 35% discount from the listed prices. Our daily dinner menu is also available upon request along with a vegetarian / vegan menu if required. A daily changing children's menu is also available for the under 15's.

## Starters

- FRESHLY PREPARED SOUP OF THE DAY** n/a | 11  
Made with local produce & served with Artisan bread
- CHICKEN LIVER PARFAIT** 368 kcal n/a | 11.50  
Hot toast, real ale chutney
- CITRUS CURED GURNARD** 128 kcal n/a | 11.50  
Prawn tian, tomato & cucumber salad, citrus dressing
- SUMMER TOMATO SALAD (V)** 152 kcal n/a | 11  
Gin compressed watermelon, feta & toasted pine nuts

## Mains

- DOOM BAR BATTERED COD** 1402 kcal n/a | 22  
Cod, tartar sauce, crushed peas, thin fries
- CAESAR SALAD** n/a | 16  
Sweet garlic, croutons, creamy garlic dressing, Parmesan  
as it comes (v) 905 kcal  
or with chargrilled chicken 1127 kcal n/a | 22
- CARLYON MAC ' N' CHEESE** 1282 kcal n/a | 15  
Topped with panko crumb & served with garlic bread made with 3 local cheeses  
or served with pancetta & sauteed mushrooms 1700 kcal n/a | 19
- CORNISH BEEF BURGER** 1520 kcal n/a | 22  
Dry aged Cornish beef burger, Cornish gouda, maple glazed bacon, pickles, brioche bun, thin fries
- BEETROOT, PORTOBELLO MUSHROOM & CHICKPEA BURGER (V)** 1003 kcal n/a | 19  
Spiced avocado, beef steak tomato, Cornish gouda, pickles, brioche bun, thin fries

## Sweets

- ICE CREAMS** 304 kcal n/a | 11  
Selection of locally made ice creams
- CORNISH STRAWBERRIES** 147 kcal n/a | 11.50  
Cornish clotted cream
- WHITE CHOCOLATE & PASSIONFRUIT CHEESECAKE** 672 kcal n/a | 12  
Orange sorbet, caramelised pineapple

## Side dishes

- THIN FRIES** 546 kcal 5.50
- DEEP FRIED ONION RINGS** 491 kcal
- MARINATED OLIVES** 534 kcal
- TOSSED SALAD** 56 kcal
- CHEESE & GARLIC BREAD** 493 kcal

## A LA CARTE

### Starters

<b>HOT TIGER PRAWNS</b> 832 kcal	14
Sauteed in Cornish sea buckthorn, Halzephron lemon & dill mayonnaise, warm sourdough	
<b>PORTHILLY OYSTERS</b> 40 kcal	18
Four Porthilly oysters served on ice with shallot vinegar, lemon, Cornish hot sauce	
<b>ST AUSTELL BAY MUSSELS</b> 632 kcal	18
Garlic & fennel, Cornish Rattler cider cream	
<b>ST IVES CRAB &amp; PRAWNS</b> 404 kcal	18.50
Citrus mayonnaise, crisp cos lettuce, char-grilled sourdough	
<b>GRILLED ST AUSTELL BAY SCALLOPS</b> 314 kcal	19.50
Served in the shell, citrus butter, cauliflower almond & golden raisins	

### Mains

<b>LINE CAUGHT CORNISH SEA BASS</b> 678 kcal	32
Sea buckthorn, roasted balsamic tomatoes, confit fennel, Cornish saffron crushed new potatoes	
<b>WEST COUNTRY LAMB RUMP</b> 1217 kcal	34
Minted salsa verde, peas à la française, split lamb jus, roasted new potatoes	
<b>SCAMPI</b> 1032 kcal	22
Crisp Newlyn monkfish & St Austell Bay scallops, Cornish chilli sauce, triple-cooked chips, salad	
<b>CORNISH CRAB SALAD</b> 920 kcal	29.50
Mixed leaves, tomato, pickled cucumber, avocado, triple-cooked chips	
<b>PAN-FRIED CHICKEN BREAST</b> 799 kcal	22
Cornish Blue cheese & garlic cream, Kittows Hogs pudding patty, buttered greens	
<b>CHARGRILLED 10OZ RIB EYE STEAK</b> 1110 kcal	35
Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	
<b>CHARGRILLED 8OZ FILLET STEAK</b> 918 kcal	38
Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	

### Sweets

<b>BERRY &amp; CLOTTED CREAM BRÛLÉE (V)</b> 1341 kcal	12
Beurre noisette shortbread	
<b>DARK CHOCOLATE TART (V)</b> 843 kcal	12
Sea buckthorn ice cream, candy floss	
<b>3 CORNISH CHEESE PLATE (V)</b> 606 kcal	14
Served with chutney, West Country biscuits, grapes, celery & walnuts	



For allergy & calorie  
information please  
scan the QR code

CARLYON BAY

HOTEL | SPA | GOLF